DAILY ANNOUNCEMENTS
FRIDAY
OCTOBER 17TH, 2025

Did you know that practicing daily gratitude can lead to **Increased empathy:** Gratitude can help you feel more empathy and compassion for others.

TODAY'S GRATITUDE CHALLENGE: Think about a favourite meal or food. Who introduced you to it?

PHOTOS: If you ordered photos from the original photo day and did not receive them in the mail (due to the Canada post strike) please check at the office for your order.

THE NALAXONE TRAINING has been postponed till next week.

Do you believe in fairness, equality, and standing up for what's right? Do you want to talk about how we can take action on social issues that matter to us here at Ballenas? Do you want to make difference? If yes, the **SOCIAL JUSTICE CLUB** with Ms. Nettleton would love to see you during Flex in the HUB. Let us know what matters to you!

LUNCH WEEKLY MENU

FRIDAY - Pizza

Hay cep qa (thank you)